



HEY, HAAS!

FREE TRAINING TEMPLATE

Line Cook Training Checklist

A structured training path from kitchen orientation to running a station independently during service.

7 Training Steps

Kitchen / BOH

Trainer Sign-Off Required

PHASE 1 — ORIENTATION



01 Kitchen orientation & safety walkthrough

TRAINER-LED

Trainer walks through the kitchen layout, emergency exits, fire suppression location, first aid kit, allergen protocols, and the rules for moving safely in a commercial kitchen. No tools used until this is complete.



02 Food safety & temperature control

SAFETY

Cover temperature danger zone, probe thermometer use, correct storage (raw below ready-to-eat), date labeling, and FIFO. Trainee demonstrates food storage rotation independently.

CORE SKILLS



03 Knife skills & equipment handling

SKILLS

Trainer demonstrates correct knife grip, cutting technique, and safe equipment handling for the station. Trainee practices until technique is consistent and safe before sign-off.



04 Station setup & mise en place

SKILLS

Trainer shows what a correctly prepped and organized station looks like at the start of service. Trainee sets up and breaks down the station independently to standard.



05 Core recipes & cooking techniques

SKILLS

Trainer walks through each recipe and cooking method on the station. Trainee prepares each item to spec under guidance, then independently. Trainer completes the station scorecard before the shadow service.



06 Allergen protocol in the kitchen

SAFETY

Cover cross-contact prevention, which equipment to change or clean for allergen orders, and how to communicate allergen requests between FOH and kitchen. Trainee demonstrates the protocol on actual equipment.

CERTIFICATION & SIGN-OFF

**07 Shadow service — station with trainer****TRAINER-LED**

Trainee works the station for a full service alongside their trainer. Trainer coaches in real time and observes ticket management, portion accuracy, and consistency under pressure.

**+ 2 more items — unlock the full path in Hey, Haas!**

This free template shows the core steps. The complete checklist, trainer scorecards, and live sign-off tracking are built into the Hey, Haas! app. [Start free at heyhaas.com](https://heyhaas.com) →

TRAINEE NAME**TRAINER NAME****TRAINER SIGNATURE****DATE CLEARED**

Print clearly

Print clearly

Sign only when all items
complete

MM / DD / YYYY

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Turn this checklist into a live digital training path. Track progress, get trainer sign-offs, and onboard your team faster — all from your phone.

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